RECIPES

# Three Sisters Soup

*From Donna LaChapelle and Patricia Chandler*

Makes 4 servings

## Ingredients

3 tablespoons butter
4 cups chicken or vegetable stock
1 cup onion, diced
1 clove garlic, minced
1 butternut or acorn squash, pre-baked and pureed
1 teaspoon curry powder
½ teaspoon salt
½ cup yellow corn kernels
¼ teaspoon ground coriander
½ cup hominy, cooked
1 cup white beans, cooked
⅛ teaspoon crushed red pepper

## Directions

Melt butter in a large saucepan over medium-high heat.

Add onion and garlic, cook for 3 to 5 minutes or until tender.

Stir in spices, cook for 1 minute

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Add stock, corn, hominy, and beans, and bring to a boil.

Reduce heat to low and cook, stirring occasionally, for 15-20 minutes to develop flavors.

Stir in pureed squash, cook for 5 minutes or until heated through.

Serve warm with chives and plain yogurt as a garnish.

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